

Now you have a resource to help you manage asthma symptoms, when made available through your employer. It's **CIGNA Well Aware for Better HealthSM** for asthma. A program that gives you personalized support and a wide selection of proven tools. The only thing you really need to add is your personal commitment.

Outsmart your asthma.

You're probably already receiving care for asthma through your doctor. So how does the **Well Aware** asthma program support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. Not just by reaching for an inhalant during an attack. But also by knowing more about your asthma. Identifying and avoiding your own triggers, whether they're dust, dander, smoke or other irritants. Recognizing your own symptoms, from waking up at night to coughing. And knowing when to contact your doctor.

Knowing the way your body reacts to asthma is vital to a good first response. We'll provide personalized support, including educational material to meet your needs. And a workbook, self-care reminder stickers and health tips. For kids and teens, we provide special age-appropriate materials to support, reassure and educate. Along with a guide that helps parents talk with their kids about asthma.



CIGNA

A Business of Caring.

"CIGNA" and "CIGNA HealthCare" refer to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc. and CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.

asthma



make a *personal*
commitment to
your health

You don't want **asthma** *to control your life.*



Neither do we.

You or a family member has asthma. And that can be a real challenge. Attacks can be triggered by nearly anything that irritates the delicate lining of the lungs. Making it hard to breathe, exercise, and keep up with daily tasks. You can't leave asthma home when you go to work. And sometimes it makes you miss what you enjoy most. But you still have your commitments, responsibilities and goals — your life. And you don't want asthma to get in the way.

Tell us how you feel.

There's no substitute for personal contact. Especially when it comes with a lot of practical experience. That's why we have a team of registered nurses (RNs) and other clinicians available to you by phone 7 days a week, 24 hours a day. Our RNs contact program participants to help provide personal support and determine the type of assistance they need. If you're feeling uncertain or need guidance, they're here to support you with information — and the reassuring benefit of their experience with asthma patients.

Plan ahead.

The **Well Aware** program is also about taking action. In fact, we make it easier than ever for you to design a personalized action plan under your doctor's guidance. We'll provide asthma treatment insights and information on our program to your doctor. To help you balance your busy schedule, we'll mail you reminders of important steps to take in managing your health.

Take back your life.

Asthma doesn't have to keep you from a fulfilling, active life. Through the **Well Aware** program, you can learn to avoid triggers, anticipate symptoms and manage them better. You can reduce the risk of complications by following a plan you've worked out under your doctor's guidance. And if you do become ill, you'll be better equipped to deal with it. With the right plan and the right tools. So you can spend less time being an "asthma patient" and more time leading your life.

Our commitment.

CIGNA developed the **Well Aware** program for asthma using nationally-recognized resources and industry-leading guidelines. We selected American Healthways to help us deliver quality service that you can rely on. And we kept it simple, to fit into busy lives made more complex by asthma.

In addition, because it's important to us to know how you feel about our programs, we conduct random, periodic participant satisfaction surveys.

Find out more.

To find out if you're eligible and to receive more information about the **Well Aware** program, call the **Well Aware** team:

- If you have a CIGNA HealthCare HMO/ Network or Point of Service (POS) benefit plan, call **1.800.249.6512**.
- For all other benefit plans, call **1.877.888.3091**.

If you have questions about your benefit plan, please contact your health plan's Member Services. You can also visit our Web site at **www.cigna.com/wellaware** for more information about **Well Aware** programs and services. Your request for information will be handled confidentially.

